

Wednesday, October 29, 2014

theDaglightale

Augustana's Student Newspaper - Since 1985

SCORE! A History



Everything you should know about SCORE!, the free market coming Nov. 4.

Story P. 4

Miquelon Lake Research Center



Augustana is set to open a new research center this coming January.

Story P. 6

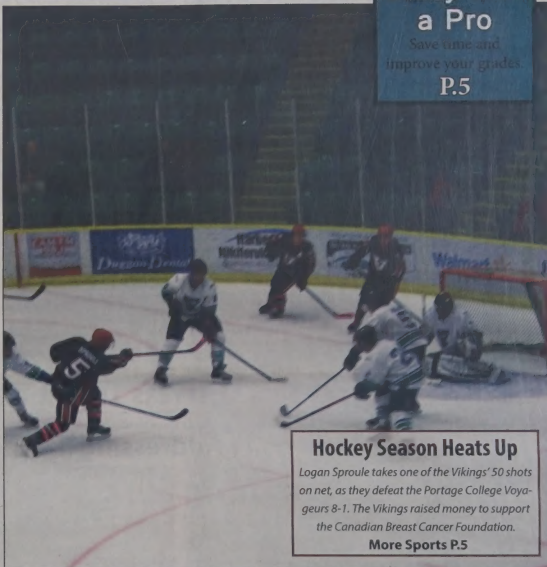
Product Review



Jan Anderson got a new mug and he really likes it...

Like really likes it.

Find Out Why P. 6



Study Like a Pro
Save time and improve your grades.
P.5

Hockey Season Heats Up

Logan Sproule takes one of the Vikings' 50 shots on net, as they defeat the Portage College Voyagers 8-1. The Vikings raised money to support the Canadian Breast Cancer Foundation.

More Sports P.5

Stress, School, and Finding a Balance

By ALLISON IKENOUYE

Immersing yourself in the university lifestyle seems to also be synonymous with becoming constantly stressed out. Our minds are continually churning with the rising pressures of school, work, finances, and maintaining a social life. Every facet of our lives seems to crowd our minds, leaving us feeling overwhelmed and incapable of feeling at peace.

Social Psychology Professor at Augustana, Dr. Sean E. Moore, believes that people hold a fear of reaching out for help,

because of the possibility that it may reveal a "character flaw" about ourselves. It is human nature to face barriers when reaching out for help, especially because our Western society seldom addresses the importance of self-care. But in actuality, it takes bravery to reach out to a friend or for professional help. Moore suggests that students "re-discover" age-old methods that have been used to manage stress, such as mindfulness, identifying our triggers for stress, and remaining in touch with our spirituality.

This year a student led Mindfulness

Club has started at Augustana, led by Augustana student Kelly Keus. The Mindfulness Club meets every Monday at 12:30-1:30 in the Personal Counseling Centre. If you would like to join the club but need to slip away for a class during this time period, the club still extends its welcome to you. Keus describes the type of a mindfulness that takes place as a "purposeful" type of meditation. The purpose is to become more comfortable sitting in your own skin and accepting whatever you may be feeling.

The purpose of meditation is not to
CONTINUED ON P.4

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FROM THE EDITOR**What on Earth is Terrorism?**

CAM RAYNOR
EDITOR

It's been a rough
week for Canada:
First, two Canadian
Forces soldiers
were run down by
the driver of a car in

St-Jean-sur-Richelieu, killing one soldier
and injuring the other. Two days later, a
gunman shot and killed a soldier on ceremonial duty at the National War Memorial then ran into the Parliament buildings
where he was killed in a shootout with
security forces. In each case the Canadian
government and the media, particularly
the American media, has been quick to
point out the perpetrators were 'radicalized
Muslims' and quickly label them 'terrorists'.

Labeling things 'terrorists' isn't helping
things. In fact, it's really hard to know
what 'terrorism' even means. There is
no internationally recognized definition
for 'terrorism', but most accepted definitions
are something along the lines of 'acts of violence carried out against the
public for a religious, political, or ideological
goal', although several definitions
include war as an aspect as well.

'Terrorism' has become little more
than a catch phrase for politicians looking
to justify extreme measures. 'Terrorist'
has become the name we give to people
we don't like, so we don't feel bad when
we kill them and abuse them. The opportunity
was not lost on Prime Minister
Stephen Harper, who has used the tragedy

to justify greater funding and powers for
security forces. From the Prime Minister's
address to the nation, Wednesday, Oct. 22:

"We are also reminded that attacks
on our security personnel and on our
institutions of governance are by their
very nature attacks on our country, on
our values, on our society, on us Canadians,
as a free and democratic people who
embrace human dignity for all."

But let there be no misunderstanding.
We will not be intimidated. Canada
will never be intimidated. In fact this will
lead us to strengthen our resolve and redouble
our efforts, and those of our national
security agencies, to take all necessary
steps to identify and counter threats,
and keep Canada safe here at home. Just
as it will lead us to strengthen our resolve
and redouble our efforts to work with
our allies around the world, and fight
against the terrorist organizations who
brutalize those in other countries with
the hope of bringing their savagery to
our shores. They will have no safe haven."

"Labeling things 'terrorism'
isn't helping things.
In fact, it's really hard to
know what 'terrorism'
even means."

Ironically, the Canadian government
is playing on the fear generated by the
attacks to push an agenda that Canadians

who are not afraid would be less likely to
support. So while 'we will not be intimidated'
'we should spend more money on
national security'; because, after all, attacks
on our security personnel and on our
institutions of governance are by their
very nature attacks on our country, on
our values, on our society, on us Canadians,
as a free and democratic people who
embrace human dignity for all.' In essence,
watch out Canada, the 'terrorists'
are coming for your freedom, and the only
way to stop them is to support us. Now
who's using violence for a political goal?

Just because an attack has now taken
place doesn't make Canada at greater risk
for future attacks. Canada has been at war
with terrorism for 13 years now, beginning
shortly after the Sept 11 attacks. There
have been plenty of attacks since then, but
up until this point none had been carried
out against Canadians at home. If attacks
are committed at the same rate as they have
been for the last 13 years, we can expect
another Canadian to be killed by domestic
terrorism in 2021. A lot more Canadians
will die in other ways before then.

I'm hopeful Canadians will remain
rational despite the recent attacks. The
attacks have been a loss of innocence for
the country and will justifiably reshape
the nation's thinking to some degree. I
hope that new thinking won't be based on
fear. It seems that 'terrorism', whether it's
the act itself or the rhetoric that follows,
can be just as destructive when it dictates
our policy as when it attacks directly.

LETTERS TO THE EDITOR

In response to "Ravine Residence Road Putting Students at Risk" (Oct. 15)

University Addressing Ravine Road

Dear Dagligtale Editor,

In your October 15, 2014 edition
there was an article submitted by Holly
Yurkoski expressing her concerns with
the Ravine roadway. I would like to share
some good news regarding the University's
work in addressing the access to the
Ravine dormitories and parking lot.

The University has indeed taking steps
in making significant improvements to the
access. At this point in time a roadway design
has been chosen. This design consists of
a new roadway intersecting with 50th
Street just north of the train trestle. This
placement will ensure that the slope is reduced,
there are no sharp corners and that
there are no blind spots. To accommodate
two way traffic the roadway will be 7.5 meters
wide versus the present 4 — 4.5 meter
width. The present road will be gated and will
only be utilized only for emergency access.

In order to produce the design the entire
area has been surveyed, the geotechnical
testing has been completed, a traffic
impact assessment for 50th Street has been
completed, the City of Camrose has been
consulted and the adjacent railway line
clearances have been met. Next to be com-



The roadway design for the planned upgrade to Ravine Residence Road.

pleted will be the need to lower a natural gas
trunk line to allow us to achieve the proper
slopes, a construction design produced
and then the tendering of the construction.

The original timeline for tendering
was for the spring of 2012 however
the immediate need to make changes to
Founders' Hall, including the addition
of the elevator, resulted in delaying the

project. This project although delayed is
still a priority and will be rescheduled as
soon as the funding has been secured.
Sincerely,

Chris Blades
Manager, Facilities & Operations
Augustana Campus
University of Alberta

Cover Image Credits

SCORE:
Cameron Raynor
Research Center
Emily McLroy
Moving Up:
Ian Anderson

Correction:
Aboriginal Student Population

In the article "Changes Coming to the Forum," it was mistakenly stated, "Augustana is proud to have a higher percentage of Aboriginal students than any other Faculty in the University of Alberta." Augustana does not have the highest percentage of Aboriginal students. The article should have stated Augustana has the highest percentage of aboriginal students of any University of Alberta Campus.

After U Revamped for 2014/2015

By STEPHANIE GRUHLKE
& ASHLEY TSANG

As some may know, every year the ASA, in conjunction with the Alumni Association, hosts an event called After U, which is a program targeted towards senior and graduating students. After careful examination, hard work, and collaboration, the After U program has been completely refreshed and reinvigorated to make the program more accessible, more engaging and more relatable.

Traditionally the program has focused on students going straight into the workforce from university. However, the adjustments made to After U this year reflect the changes seen in student trends and After U now includes sessions for students interested in grad school or professional programs, in addition to those planning on entering straight into the workforce. Another addition to the program is a segment titled "Career Chats," where, in partnership with Alumni Relations, After U will bring in various Augustana alum-

ni to discuss their transitions from their bachelors program into the workforce.

This fall, the After U program is proud to offer six different sessions running throughout the first three weeks of November, including:

November 3rd @ 6:30 pm Roger Epp Conference Room: Grad School Information Night. An open panel of professors will discuss all things grad school including selection, the application process, funding, programs and courses, research, teaching, and supervision. Refreshments will be provided.

November 4th @ 7:00 pm Roger Epp Conference Room: Networking Over Social Media. Did you know that potential employers will at times search applicants on social media? Social media can either be a powerful tool to you, or act as a hindrance in your job search. This hour-long session will show the ins and outs of social media and how to use it to its fullest. Refreshments will be provided.

November 5th @ 6:00 pm Roger Epp Conference Room: Resume Writing Workshop. This interactive workshop will help attendees to amp up their resume and will give tips on how to make sure yours stands out above other applicants. Make sure to bring your laptop or tablet.

November 6th @ 4:00 pm Roger Epp Conference Room: Networking 101. This session will include an overview of how to properly introduce yourself and make a strong and lasting impression. Tips on how to remember the name of the people you meet and some tricks on how to network like a pro will all be revealed.

November 12th @ 6:30 pm, Roger Epp Conference Room: Career Chat! Would you like to hear from some Biology graduates? We are very excited to be welcoming back to campus three graduates from the Augustana Biology department. Whether you are looking to enter straight into the work force, go to professional school, or participate in an after degree program, there will be speakers there to explain

their experiences after leaving Augustana.

November 19th @ 7:00 pm, Location TBA: The First 100 Days. Presented by Kirsten Cumming and hosted by the Augustana Management Society, this workshop is designed for students nearing graduation to prepare themselves for success in their initial work opportunities. Discussion will include advance preparation for workplace success, self-orientation, identifying organizational objects and project opportunities, setting performance standards for optimal execution, seeking allies and mentorship, and planning for the future.

After U is also reaching out to North Campus in hopes of including Augustana students in other career events hosted in Edmonton. We hope that these sessions are intriguing and interesting to students this year and, while the program itself is geared towards senior students, anybody from any year is welcome to attend. If you have any questions or suggestions for future sessions please contact ASA Counselor-At-Large Ashley Tsang at admoore1@ualberta.ca.

SNAPSHOTS OF AUGUSTANA



Jayniha Maru dances during Diwali, the Hindu "festival of lights," at Augustana on Oct. 21.



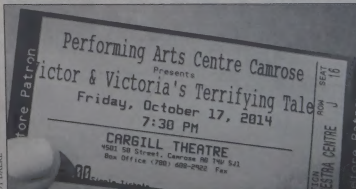
Jacob Smith addresses the crowd at the ASA annual general meeting Oct. 15.



Brian Hagar acts out a scene during a Thursday night improv performance at the Bailey. The drama department puts on weekly improv shows every Thursday at 8 p.m.



U of C Quidditch Coach Andrew scores points for Slytherin during Muggle Quidditch which took place in the gym Oct. 22, hosted by Res Life. Gryffindor won all three games, defeating their long time rivals, Slytherin.



Victor & Victoria's Terrifying Tale was one of the first shows to play at the new Performing Arts Center. The grand opening gala for the center is scheduled for Nov. 1.

SCORE! A History

BY ERIN SLETT

Many of you who are reading this article have likely witnessed the chaos and joy that is SCORE! If you haven't, you've likely seen a poster, heard an announcement, or talked to someone about it just to figure out what the heck is going on. But while you may know what SCORE! is, I'm guessing you likely don't know where it came from, or what it attempts to accomplish (Hint: it's not just about free stuff).

SCORE! has graced Augustana with its energy for the past 4 years, and is coming back for a fifth round. Believe it or not, the inspiration for this event came out of the somewhat unorthodox pastime of dumpster diving. A group of students who were regulars of the Thrift Store back alley noticed the amount of clothing that was being thrown out every week. Being the environmentally-conscious students they were, this was somewhat upsetting. They began thinking about ways to re-cycle (or up-cycle) used goods and give them a new purpose. Finally, the idea came: what better way to redistribute stuff than through a giant community free swap?

Augustana's SCORE! mimics an event that originated in Brooklyn in 2009 and then made its way to San Francisco. This original version, called the 'SCORE! Pop up Swap', attempts to make thrifting and free-cycling cool and hip with food, DJs, funky venues, and tonnes of sweet swag.

But like I said earlier, SCORE! isn't just about free stuff, even though that's what gets the crowds. SCORE!'s values lie in community, reciprocity, and sharing. It's about giving when you have plenty, and taking when you have need. The excitement that surrounds free-cycling

works to remove the negative stigma our society has placed on the concept of accepting used goods. Our free store takes an active stand against the dependency we have on global consumerism and excessive production. The event promotes alternative and socially-conscious living, and builds a stronger community through shared positive experiences. All of these things are what make SCORE! awesome, and are why I encourage you to come and be a part of it (and maybe be late for class).

"Augustana's SCORE! mimics an event that originated in Brooklyn in 2009 and then made its way to San Francisco."

So here's a quick run-down of the event for those of you who aren't in the loop: Drop-off your stuff at the info desk in the forum on Monday, November 3rd between 8am and 6pm. Then, come back on November 4th at 1pm for a good time. In addition to all of the free stuff, we will also have a mini Farmer's Market, live music, Do-It-Yourself booths (including a knitting corner!), a photo booth, and a hilarious fashion show. We are also collecting funds for Sahakarini (a charity who sponsors local development projects in countries abroad) through a silent auction and donation jars. The event runs until 4pm, and trust me, you don't want to miss it. Check out the 'SCORE! at Augustana' event on Facebook if you want to learn more-munities, and many generations of Augustana students and faculty for years to come.

A Thanksgiving to Remember

By EMILY MCILROY

Louise Erskine and her mother Mary MacArthur decided to share this past Thanksgiving with students who weren't leaving campus for the holiday, either international students or Canadian students far from home. Erskine knew of a student from Brazil and a student from Toronto, so she invited them both. When the Brazilian student contacted Erskine to say he was sick and unable to attend, MacArthur sent her daughter to campus to search for another student. Erskine walked around first year residence and decided to knock on a door she heard music coming from. She was greeted at the door by a stranger but figured what the heck and invited him to her house for supper. He asked her to wait one second so he could ask his friends, and when he came out of the room 7 other students followed. Erskine, rather surprised but not put out, then called her mother to inform her she would not be bringing just the 1 student, but 8.

The group then piled down style into MacArthur's rather small car, which made

for quite a cozy drive to her home just south of campus. Upon arrival, Erskine decided to introduce her guests to her 5 horses. Some of the students had never seen horses before and were rather nervous. They were less nervous, however, of the electric fence, which was tested and did indeed produce an electric shock. One student braved riding a horse, which resulted in the student sliding off the horse a short time after mounting.

The group of 12 then crowded around the family dinner table, designed for 5 people, to enjoy a traditional North American turkey dinner. Some of the students tried pumpkin pie for the first time and, needless to say, there were no leftovers. Thankfully however, the family had prepared lots of turkey, so after supper when an additional two students arrived they had left overs to heat up. Erskine's mother, being a reporter, asked lots of questions and found out the guests included students from Nigeria, Malaysia and Toronto. Overall, it was an eventful Thanksgiving that neither the family, nor their large group of unexpected guests, will forget.

Strategies to Deal with Stress

CONTINUED FROM P.1

liberate ourselves from our stress for a short period of time. We meditate so that we can exercise a neural pathway that isn't otherwise stimulated. Subsequently, we can take this newly discovered skill and implement it in the midst of a stressful situation. If we can learn to find peace in stillness, we can also learn to find peace when chaos is swirling around us.

Stress is how we interpret it; we can view it as a threat-the possibility of a fail-

ing grade and the implications that could have on our careers - or we can view it as an opportunity to grow into more resilient and resourceful students. We may exist in a realm of competitive academia, but Augustana offers a wide array of resources to help you manage your stress. The aim of these resources is largely to help you manage your stress, but ultimately, the resources offered here can also help you to anchor your life on the personal purpose you hold as a student at Augustana.

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Tips for More Effective Studying

By KAITLYN BAIER

Here are some tips to help any student, regardless of learning style, increase the effectiveness of their studying.

1. Find a quiet, clear space to work in. Choose a place that you can designate for studying. School work should be the only thing you do from this desk, couch or basement corner. By creating a dedicated studying environment for yourself, you can help your mind get into studying mode just by entering into that space. Using a space free from clutter reduces the number of things that can distract you while you are trying to focus.

2. Put your technology away. If you

want to be able to engage in your studying, then you need to take away as many distractions as possible. If you can't leave your phone alone for an hour while you work, turn it off or leave it in another room. Listening to music can cause you to associate the material you are reviewing with what you're listening to; you may find it harder to recall when the same music isn't playing during the exam. Even if you are one of the people who feels that they focus better while listening to music, give silence a try for a bit and see if it makes a difference.

3. Switch tasks every ten minutes to half an hour, depending on your personal ability to focus. Set a timer for

yourself and only spend a set amount of time performing a specific task such as reading, writing, drawing, watching video or using flashcards. By switching to a new activity, you give yourself something new to focus on which keeps your brain active and engaged. Leaving a task in the middle of doing it motivates you to return to it later so that it can be completed. Using this technique can help you study effectively for long periods of time.

4. Take brain breaks. After every hour take ten or fifteen minutes to rest. This reduces the strain on your eyes and hands and gives you a chance to re-engage with the world around you. Go

get a snack to recharge, do some jumping jacks, answer your texts, go for a quick walk, or listen to some music.

While you are studying, here are a few more techniques to try: re-write your class notes using coloured ink to organize concepts, draw out concept maps/web, do practice questions from the text or prepared by prof, practice free-writing, make and use flashcards, summarize ideas in a fun educational video, and read important sections of the text aloud.

Once you have a space, a routine, and techniques to use as you study, you will be ready to take on the midterm and finals seasons!

SPORTS



Lauren Lutz making a strong effort in the women's soccer game Saturday, Oct. 18 against Grand Prairie Regional College.

Photo: JOHANNA YORK

Home Games

- October 30 -

Basketball

Vikings vs. Concordia

Women: 6:00 p.m.

Men: 8:00 p.m.

Augustana Gym

- October 31 -

Volleyball

Vikings vs. Lakeland College

Women: 6:00 p.m.

Men: 8:00 p.m.

Augustana Gym

- November 1 -

Hockey

Vikings vs. Concordia

7:30 p.m.

EnCana Arena

- November 7 -

Basketball

Vikings vs. Kings College

Women: 6:00 p.m.

Men: 8:00 p.m.

Augustana Gym

- November 8 -

Basketball

Vikings vs. Kings College

Women: 1:00 p.m.

Men: 3:00 p.m.

Augustana Gym



Matthew Martin swims the first leg of the Augustana Outdoor Triathlon, hosted by the Augustana Triathlon Club. Martin finished second overall, just seconds behind Cameron Raynor. Richelle Hoar won the women's race.

Photo: ERIC STEELE



The Vikings make a block in the Volleyball season opener.

Photo: KAMAL HOSSAIN

Halloween Costume Guide

By HOLLY YURKOSKI

Hey you! Do you have a costume for Halloween yet? Well if you don't, you're kind of screwed because it's not even a week away anymore! Still, you might want to pick up some goodies this year so you can have a rad costume next year. For now, just go as yourself; I'm sure that's scary enough to pass. Until then, let me take you through some tips and suggestions on costume make-up because, at the end of the day, we're all poor.

University Time and Money (Medium)
Are you looking for a badass costume on a tight budget? Then do I have some suggestions for you! For you there is the classic zombie or Frankenstein's monster.

To make the zombie, choose your brainless corpse's death and follow through. Run over? Make some tire tracks on some clothes. Torn to shreds? Rip your clothes! Regardless, pick up some clever gore make-up, ranging from \$8-\$12, to help authenticate the look. Make sure to pick up some Spirit Gum as well, as most of those strange rubber strips won't stick to your face that well without it. Follow up with some blood, preferable that of high viscosity for a nice clotting effect (the cheap stuff at \$8 is good, but if you want to take a little step in the hardcore direction, go for the \$15 stuff).

To make Frankenstein's monster, you'll need to pick up lots of green paint and some sealant to be on the safe side (you don't want to leave green streaks on your assignment). Whip out some screws (\$5-\$10 depending on quality), stick them on your neck with Spirit Gum, apply some SCIENCE and you are one spooky monster.

For those wanting to try out some cooler things, check out what the

local Halloween sections have, and what kind of wigs and masks they have. Anything can be made with what's available, and a needle and thread can get you far.

Cheap Shit (Easy)

This section is for those who cannot sew to save their lives. It's also for those with tighter budgets than others.

Some suggestions are the classics that you see every year: ghosts, vampires, masked monsters, etc.

The ghost is the easiest costume to make last minute. Simply throw a sheet over yourself, cut some eyeholes and ta-da! Terrifying.

The vampire needs a little more work: You'll need some cheap fangs (normally \$5), a black cape/blanket or sheet, and maybe some red makeup to make some bite marks.

Another suggestion is picking up a mask (as cheap as \$1 if you look hard enough) and getting creative! Paint an animal on it, or bring out the glitter for a masquerade approach. The mask is your canvas, dearies.

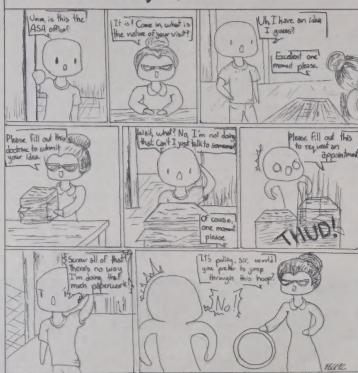
Hardcore Riches (Hard)

Think you're badass enough to make your own costume from scratch? Well I sure do, so look out for the weird bird person this Friday!

The first thing that you need to know is, despite what people try to tell you, making your own costume is expensive. My wings, which are arm's length, cost over \$200 to make alone. Why so much? Feathers friends. Those \$1 feather bags add up when you have to buy hundreds.

Now, there aren't any examples I can give. Instead, what I can tell you is to plan your costume ahead of time! Figure out what you need, hunt it down, and wait for sales. Buy next year's items this year,

It's Policy - By MIKAILA PERRINO



when Halloween explodes into Christmas and Halloween stuff is super cheap.

Don't start making your costume until a month or so before Halloween, August at earliest. Props can be done whenever, but your body can fluctuate and what fit yesterday may not fit today (am I right ladies?). The last thing you want to do is spend all your time and money, and not be able to wear it.

Finally, practice your makeup repeatedly until you get it down. Make sure that you don't have bad reactions to the making because you're going to be wearing it

for at least twelve hours (I'd go the whole twenty four hours, but sleep, ya know). Learn to make gore effects without the weird rubber stuff because a bit of make-up and face clay can go so much further!

At the end of the day Halloween is meant to be a fun, spooky time for everyone. Dress up as whatever you want, while still being respectful and experimenting with new things. Make a cool new costume or improve an old costume. Regardless, we're all going to be looking like adorable dorks covered in gore.

New Research Centre Coming to Miquelon Lake

By EMILY MCILROY

The Augustana Miquelon Lake Research Station is scheduled to officially open in January of 2015. The building will be located a short 20 minute drive north of Camrose and will boast a wet dry laboratory, super-low temperature freezer, interview room, computer room, 2 separate bedrooms, woodstove, kitchen, and bathroom. The station will provide an environment for teaching and research off campus and will be the destination of many students, professors, summer research interns, and directed studies students. Individuals researching in the Miquelon Lake area have needed to be either on location from the early in the morning until late at night, or those undertaking longer studies have hitherto had an overnight

facility. Having an on-site venue, equipped for conducting field experiments and capable of housing researchers overnight, will be highly beneficial to the academic community at Augustana. The venue is intended to be interdisciplinary in nature by opening its doors to students from outside the science disciplines. English students, for example, could partake in workshops relating literature and the environment.

Augustana faculty members are currently applying for research grants in order to kick-start a number of new projects based around the facility. One of the first bookings will be for a group of students attending an environmental science field studies course at the Miquelon Lake Research Station. The students will have the opportunity to participate in bird cen-

suses, tree measuring, water quality tests, interviews of visitors, along with other valuable research. At the end of the program, the field data will be presented as an interpretive presentation to the park staff. Augustana also hopes to hold a "research station day" in which interpreters will give tours of the station, showing the public the results of University of Alberta Augustana research and the important implications it will have for the management of the park. Another vision for the center is to host an evening interpretive session for researchers to unveil their discoveries.

One of the special features of the station is its location within the protected area of Miquelon Lake Provincial Park, allowing for the comparison of field variables inside and outside of the park in order to assess

the park's regional importance. The park is in the process of becoming a "World Biosphere Reserve", which is an area that represents a balanced relationship between people and nature. It is hoped that its designation as a World Biosphere Reserve will attract a lot of additional visitors to the region and to the station. The building itself will not do any further damage to the environment, as it will be situated on a gravel path where a previous building was located.

Thanks to many donations, grants, and the hard work of Augustana faculty members, the proposed grand opening of the station is January of 2015. The new center will then benefit the Miquelon Lake Provincial Park, the surrounding local communities, and many generations of Augustana students and faculty for years to come.

Review: Mug by Zojirushi

By IAN ANDERSON

How many times do you go to the cafe each week? Want to cut that down a bit? Then do I have a product for you! The stainless steel vacuum mugs made by Zojirushi combine sleek elegance, functionality, and an ergonomic design for a cost effective price.

For about \$40 on Amazon you can get a 16oz mug that will keep drinks hot or cold for a substantial amount of time. So far I have kept coffee (black) hot for just under 20 hours. I now brew coffee in my room and

take it with me for the rest of the day only refilling when I run out, not when it gets cold.

One of the cool features of the Zojirushi mug is the pop top lid that allows for a quick drink with one hand. No need to screw it off and deal with extra parts or the possibility of losing the cap. Another feature of this mug is that the cap has a built in spout that makes drinking nice with no backplash, and the spout is located in the cap so the part that your mouth touches isn't exposed to the elements. See the picture as it is hard to explain.

Finally, when it comes to cleaning, I have never had a mug that came apart so easily that it made clean-

ing fast and easy. The only complaint I have is one part of the spout requires a Q-Tip or pipe cleaner to clean properly.

Overall, the quality of the mug is great with nothing feeling cheap, and the spring is quoted to last years. It is worth noting that you can buy the mug in black, grey, silver, ugly shiny blue, "strawberry pink", or puke green. Oh, and the instructions manual comes in Japanese.

So for \$40, you can have what is arguably the best mug available, which would also make a good Christmas gift... And no, it is not too early to think about Christmas gifts, because I don't want to talk about Halloween.



The Zojirushi Travel Mug

UPCOMING EVENTS

Vikings Games

Check out the sports sections for a complete list of upcoming Vikings home games!



Page 5.

Wednesday, October 29th

Vienna Tour Course Information Session
Augustana Chapel
1:00 pm
For more information contact Dr. Alex Carpenter

Thursday, October 30th

Running Lecture:
Peace and Justice: Spiritual Reflections on the Beatitudes
With Reverend Dr. John Chrystavakis
Lower Auxiliary Building, A-024
10:50 am - 12:05 pm

Running Lecture:
On Earth as it is in Heaven
With Reverend Dr. John Chrystavakis
Roger Epp Conference Room
5:00 pm
A light soup supper will be served

Saturday, November 1st

Gala Opening with George Canyon
Performing Arts Centre
7:00 pm Pre-show Reception
8:00 pm Concert
\$20.00/student (with valid OneCard)
while supplies last; then \$100.00 for any seat in the house.

Monday, November 3rd

SCORE! Drop-off Day

Augustana Info Desk
8:00 am - 6:00 pm
A community marketplace of reciprocity where all is free to take and give.
Drop off your donations!

Tuesday, November 4th

SCORE! Event

Augustana Forum
1:00 pm - 4:00 pm
A community marketplace of reciprocity where all is free to take and give.

McDash

Augustana Forum
5:00 pm
A race to eat all the burgers you can! Sign up in advance in the Forum.

Thursday, November 6th

This Whack's for You: McCrackin' 2 The Whackin'
Performing Arts Centre Camrose
7:30 pm
Tickets: \$22.00/in advance, \$25.00 at the door

Friday, November 7th

Respecting the Land: Transitioning to a New Economy Conference
Augustana Chapel
Friday evening (specific times TBA)
Tickets for Friday night only: FREE for students, \$10.00 for non-students
Tickets for the whole conference: \$10.00 for students, \$35.00 for non-students
A conference about living in relationship to the land and within the gift and limits of our world.

Saturday, November 8th

Respecting the Land: Transitioning to a New Economy Conference

Augustana Chapel
Saturday, all day
Tickets for whole conference (Friday and Saturday): \$10.00 for students, \$35.00 for non-students

Vikings Biathlon Dueling Pianos Gala
The Taproom at Norsemann Inn
Doors open at 5:30 pm, dinner at 6:00 pm, entertainment at 8:00 pm
Tickets: \$45.00

Cheremosh Ukrainian Dancers
Performing Arts Centre Camrose
8:00 pm

Tickets: \$35.00/in advance, \$40.00/at the door

Monday, November 10th

Lunch & Learn - Children's Literature
With Lydia Kokkola
Room C-103
12:00 pm
\$5.00, includes lunch

Tuesday, November 11th

Remembrance Day
No classes

Wednesday, November 12th

Augustana Immunization Clinic
Faith & Life Lounge
11:30 am - 2:30 pm

Thursday, November 13th

Distinguished Professional Lecture
With Dr. Roxanne Harde
"I knew what I missed": Nostalgia and Resistance in Indigenous Children's

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Augustana's Student Newspaper - Since 1905

Literature

Mayer Family Community Hall
Performing Arts Centre
7:00 pm, Wine and Reception to follow
RSVP to michelle.pratt@ualberta.ca by Nov. 5

Ongoing Events

Soup Supper
Faith and Life Centre
Every Tuesday at 5:30 pm

ASA Meetings
Downstairs in the Forum
Every Wednesday at 5:30 pm

Campus Rec
Augustana Gym
Every weeknight 9:30 pm - 11:00 pm
For more information see @AUGREC.

DISTRACTIONS

Crossword: Happy Halloween

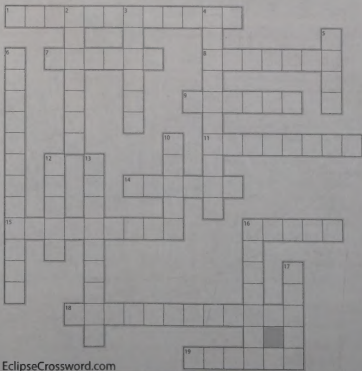
Across

1. What you say when you knock on the door.
7. Which day this year?
8. Carve it or eat it!
9. A Scottish word that means ghost.
11. Changed Vampires from blood sucking to sparkling.
14. Movie genre fitting for this holiday.

Down

15. What will yours say?
16. Hermione Granger.
18. There are many of these based on Halloween.
19. The man you were scared of as a child.
2. Apples are covered in this.
3. The character that brings death.
4. Another word for ghost.

5. It's usually on the ground by Halloween in Canada.
6. He's got holes in his head.
10. The feeling of the day.
12. Famous Halloween family.
13. Building to house coffins of rich.
16. The _____ Dead.
17. The prize of the night.



Sudoku

6	3		7			1		
						4		
		2		1		8	5	
8	2			7				9
9			2		8		4	
				6				
			5		7			
			9		6			
	5	8			2			

www.sudoku-puzzles.net

Last Issues' Crossword Solutions

Across: 3. Piano, 5. Walnut, 6. Psychology, 8. Syntax, 9. Sangfroid, 10. Donkey, 11. Improv, 15. Monarch, 18. Abstract, 19. Alto, 20. Social
Down: 1. Language, 2. Humanities, 4. Aquinas, 7. Shakespeare, 12. Soprano, 13. Aperture, 14. Fiction, 15. Mosaic, 16. Canvas, 17. Camrose

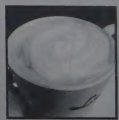
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Are you Culturally Appropriate?

How to Avoid Committing Cultural Appropriation

By KATELYN GAE

Halloween is just a few days away, and students may have noticed a number of posters hanging up around campus with the heading, "We're a Culture, not a costume." Whether you're planning on being some version of Pocahontas, wearing a hijab for fun, or just want to be a ghost with a bed sheet - what exactly are these posters about, and how does the message they carry affect you?

The idea behind these posters is to raise awareness about a *cultural appropriation*, which is probably a familiar term to all of the Sociology Majors out there, but maybe not everyone else. I was privileged to spend some time talking to Thomas Trombetta, one of Augustana's International Student Coordinators, about what cultural appropriation is, and what it means for us here in Augustana community.

Oxford Reference defines cultural appropriation as "a term used to describe the taking over of creative or artistic forms, themes, or practices by one cultural group from another." Trombetta brought the definition closer to home, defining it as "appropriating (or taking) something from another culture - without being aware of its meaning, context, and significance - for yourself, for reasons other than it is regularly used." He went on to describe the common example of Indigenous headresses, often being worn to festivals around the world, without any knowledge of the significance they hold within Indigenous cultures. Something that has incredible cultural significance has been turned into an accessory for aesthetic pleasure, completely out of its original context, without any sort of permission from the culture of origin. A simple way of looking at it is by asking if you are respecting the culture, or just taking what you like.

In terms of Halloween, Trombetta offers a few practical tips. There are some basic "do's and don'ts," such as avoiding painting on skin colors on as a costume. Don't wear something that diminishes a culture and people group to one single costume, because it becomes a mockery and an (often negative) stereotype, and projects that stereotype on anyone from that culture. Trombetta encourages students to feel free to ask questions such as, "Is this offensive? Will I be offending someone?" Again, he stresses having the confidence to ask friends and other students about their stories. Asking fellow students helps to avoid reducing a whole cultural experience, composed of many individuals, down to one outfit or disposition gives one interpretation of a single story. What is a diverse culture has once again been reduced to "a single, visible, aesthetic glimpse", and that doesn't do anyone justice. If you are trying to represent another culture, why not ask someone from that culture? With this is another word of caution, however. Just because one person says something is appropriate doesn't mean that someone else won't be offended. Asking allows students to hear one another's stories and perspectives, but Trombetta encourages thinking critically too, which might mean doing a bit of research about whatever cultural element you are interested in.

To put it simply, as you begin having these conversations and start to become culturally aware as you go about your daily life, you will find that avoiding cultural appropriation boils down to respect. We cannot respect a culture while simultane-

ously taking whatever we want from it, and we cannot be properly respectful if we don't take the time to understand cultures and then act appropriately. Yes, that might mean saying no to what you originally thought would be an amazing costume or a great new trend. When it comes to the big picture, however, respecting people, their stories, and their culture, is far more important.

But wait - what about globalization? There is no doubt we live in an age where there is more cross-cultural interaction than ever before, and those interactions can influence us as individuals. Trombetta stressed that "globalization gives you access to those cultures, but it doesn't give you permission to appropriate them, it doesn't give you permission to claim it as yours, and it doesn't give you permission to reduce those cultures." Even in these cross-cultural interactions, we need to return to asking critical questions. Is this offensive? Am I taking something out of context, reducing its cultural significance, or diminishing the culture itself? What does this portray about the culture? Do you share the experience with the people, or did you learn something there, or is it something you are putting on a pedestal as a spectacle to look at it?

Trombetta believes that awareness of cultural appropriation is increasing on campus, but acknowledges that the Augustana community still has a way to go. There is still a hesitation in asking questions, or letting people know when they have done something that is offensive (as most people are unaware that their actions can be culturally offensive). The more we as a student body can ask questions and humbly acknowledge that we have a lot to learn about different cultures. During the interview, I couldn't help but ask, "how do we avoid feeling like we are walking on eggshells?" When there is so much that we know we don't know about other cultures, how can we be sure we are not offending someone? Trombetta reassured me that the goal was to avoid that by fostering an environment where people can ask questions of one another, their stories, and their culture, and simply learn and grow together.

Cultural appropriation awareness is not about what we can and cannot do, but instead about being proactive to grow in cultural awareness. Trombetta also wanted to emphasize that it is important to celebrate differences, but it is more important to go beyond the spectacle or experience and take time to consider the significance. There are far more similarities among students than differences, regardless of where you grew up. Trombetta shared a personal story about focusing on ethnicity and difference more than the person themselves and the similarity. In first year, Trombetta's nickname was "Thomas the Brazilian," although there were no other Thomas's in his year. By emphasizing only difference, we end up labeling one another and limiting the space in which we can ask questions and grow in awareness and an inclusive, cohesive community.

While Trombetta says that a success this Halloween would be if no one felt offended or attacked by costumes, he also notes that the dialogue that has already begun on campus is a step in the right direction. This Halloween, challenge yourself to ask questions, do some research, speak out if you see something that could be interpreted as offensive, be curious, and enjoy - with culture in mind.

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